Death

Transition in Life

HILARY DOWNEY

Synopsis

Death is not a widely discussed subject in our western culture so is viewed individually in different ways. It can be perceived with trepidation – aligned with poor health, sickness and aging. It can be seen as a release that is welcomed; as an ending that is feared, so best not thought about or as a transition to a new aspect of life.

My perception of Death is as a transition. This may be a view that originates before the onset of duality in physical life.

This small booklet touches on natural death, sudden death, suicide, communication with loved ones who have passed and grief. Each inspirational writing accepts the premise that life continues in some form, in some place, beyond our physical experience of Earth.

HILDOW eBook

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Hilary Downey (P.G.Dip.Trad.Ch.Acu.) was born in New Zealand, where she has always lived, working as a self-employed Traditional Chinese Acupuncturist and Tik Dah Bonesetter and writing about what is close to her heart. In her early years she was a schoolteacher and had a family of three children that expanded to five grandchildren and five great grandchildren

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Dedication

This booklet is dedicated to those who want to learn to see Death as a process that can be understood. Only then can fear can be dismantled and acceptance achieved.

This booklet is dedicated to those who seek to gain knowledge of all aspects of Death so they can prepare for this inevitable assignation.

Forward

All perspectives upon the subject of death that I write about have a common thread – that of a continuing life. This is based upon a perception that love is powerful, that love creates all that is good and beautiful in all forms of life - people, animals, plants and the worlds we all inhabit.

Love accommodates all that exists, is powerful enough to transcend all that exists and can change the nature of all that exists. The difficulty is rising to this challenge in life but as human beings we are co-creators of the lives we lead and are capable of much.

This perception is not blind to the reality that all life on Earth has dual aspects to its nature. We can only truly understand what we experience which usually lies somewhere between good and evil, light and dark etc.

I have noticed many times that before people meet they often inhabit the same area for a while or join the same groups –at different times. It is not until the timing is precise that their paths finally cross. Karma and destiny at play?

A young lady survived the fall of the two towers in 9/11 New York only to die two months later in a New York plane crash. Karma and destiny at play?

May people see this small booklet as a door opening so their own perceptions can expand and dismantle all fears and distress that can accompany the unknown. Let the unknown become known.

I have an association with death, so more than anything I want to learn about the meaning of life, its purpose and its best direction.

Death is my teacher. When Death visits he heralds a time of change and I must adapt.

I first experience death when I am nine. Cameron, my classmate, dies of a brain tumour. Not long after, my neighbour's nine-year-old boy is run over by a bus outside my house and Michael dies from a shooting accident. These three incidents herald a series of deaths through the years. Lynn dies in a car crash, Pat dies in a freak accident, Paddy drowns, Pat drowns, Noelene dies of a brain tumour, Sue dies of cancer, Colleen dies of cancer, Mary dies of cancer, Paddy dies of cancer, Carole dies of cancer, Toni dies of cancer, Jack dies of cancer, Carolyn dies of cancer, Harry, John and Wayne commit suicide, Sam dies from an accident and Elaine dies in her sleep.

These are the young ones I remember.

A small part of each of them remains with me, and so they are alive.

How can I not believe in a continuing life? Death teaches me this is so.

Tell Our Story

Tell the story of your own life and you tell our story.

Even though we come to the Earth to live we cannot share our story from here.

It can only be told by you who are living there.

We come to Earth and we go.

We return to Earth and we leave.

Again and again we succumb to the magnetic pull of material life.

We suffer. We cause others to suffer.

And we do it again and again.

Why can we not see this when we are upon Earth?

We see so clearly here.

This understanding can be everyone's understanding.

This is everyone's story.

Tell our story so we can remember.

There are better places for us to be.

There is a better life for us to enjoy.

There is better work for us to be passionate about.

Tell the people of Earth so they may remember.

Tell them to reach beyond this one life.

There is a distant star on the horizon.

Look to this star as a symbol of the future.

Reach beyond it and you can reach us.

We are in a place it saddens us to leave.

But leave we will, for Via Dolorosa calls us and we must go.

Tell our story so we may meet here rather than upon Earth.

Here we share our joys. On Earth we share our sorrows.

Fledglings

The Lord reaches down and gathers them up in the palm of his hand. He draws them to his heart for a moment in time and in this moment they feel love and comfort. In this moment they are free from the pain of their growth. Within the palm of his hand lies the knowledge of their future. Wherever their Lord places them they live out the span of life that will bring to them knowledge of their countenance.

To him they are as babes in the wood reaching for the sun through the shadows of the trees so they may grow and blossom in its light and warmth. To them he is their all-knowing, all-wise, all-seeing protector of life, their Lord. Always he cares and always his justice is perfect and unbending.

Through all that takes place he nurtures within their frail forms knowledge of the Great Spirit. Because of this, to them, their Lord is a god, yet he is not. His strength, his serenity and his compassion may be seen in his countenance and his eyes are like diamonds.

They flutter in his hand like fledgling birds struggling to free themselves from their bondage but without the strength to fly or the maturity to see their direction. Until the seeds of strength and maturity are sown within their hearts, their Lord calms and teaches them, then places them on their planes of learning where they may learn to fly.

He watches as they flutter their wings to test their strength. He watches as they attempt their first flight then fall to the ground. He watches as they discover the food for their growth and he watches as they reach maturity.

Many times he plucks them from their planes of learning and reinforces their training. Strengthened and loved they then return to again grow and attempt to spread their wings.

As all fledglings they eventually mature. Those who are as sparrows spread their wings and fly into the hand that reaches down one last time. Those who are as eagles spread their wings to full span and soar through the heavens according to the direction they have learnt.

I have been exposed to suicide. A neighbour's son commits suicide at the age of thirty-two years, leaving a confused, grieving wife, parents and children.

By most people's standards he had friends and a happy, successful life. This is often the case for those who take their own lives. No-one can ever know when another is contemplating suicide. No-one should berate himself for not seeing this possibility because the intending suicide hides it so well.

I cannot experience everything. I need to learn what people go through so sometimes when I write about the experiences in my mind it is as though I am living them, but I am not.

I ask for a teaching because suicide must have a karmic influence on all concerned. Years later I ask a lady who tried to kill herself if this teaching accurately describes suicide and she concurs.

The Field

*I walked through the field with hopelessness and despair as my companions. Those who walked with me were of the same ilk. The lesson of that walk was the karma of a country torn by war, destruction and grief. Those who lived there had little or no control over their direction in life. All who walked that field had death as their companion. Many came to welcome what he offered, seeing him as a release. ***

I was shown such a life as would come to me if I welcomed the blackness of surrender to death. Those who draw death to themselves as a release do not realise that such a release is short lived, for the lesson unlearnt sometimes requires another class in a worse situation; the lesson of that field.

I must not recognise death. Should I succumb and welcome his release from this schoolroom I would walk that field in a future no distance from now. The pause for reflection, before such a sojourn is undertaken would be brief.

I was shown the lesson in another way.

I was on the black squares of a chequer board, trying to find my direction. I could not move off the black squares and finally I felt myself slip away. As I slipped away so did the light of the white squares, for I was not going towards it. To live I had to find and feel the light which was my life.

I desire life. I will control the body. I will control the mind. I will drive away all weakness.

With this control the spirit can rule.

Physical weakness can be the result of weak thoughts. I am resolved to live, but as in Lemuria. This I will do. I do not desire to walk that field, rather to live in this fair land as I did in Lemuria, in purity of body, purity of mind and with the soul expressing the spirit; most of all with you at my side.

**Trenches in WW1.

I start writing one night at exactly 9.30 pm. As I write I see a young, dark-haired man of nineteen years sitting on a stool with his head in his hands. He is suffering from shock and disbelief as he listens to what he is being told. Standing in front of him is a man of quiet dignity, his face hidden from me. Speaking gently and clearly, he explains to the young man that although he has committed suicide, he is still alive. This helper had been waiting to greet the young man at the time of his suicide. I am sharing in the first moments after the young man's passing.

The next morning a friend asks me to accompany her to an event. I take this writing with me. We meet a young lady my friend knows and she tells us about a young friend who committed suicide at 9.30 pm the previous evening. I describe his appearance and give her the writing.

Suicide achieves the death of the physical body that cloaks the soul and spirit.

The soul and spirit continue.

Solace

Why do you bow your head?

Why do you look down to receive solace?

My beloved son,

Lift your head. Look above you. You have no cause to turn away from us. Our hearts are one. Our spirits are one. Our love is one. Our work is one. Our service is one.

You have held out your hand to help raise the head of another.

You have suffered alone so others would not be burdened.

Did you forget the Earth at this time is a sad and lonely planet?

Did you forget that a place of darkness is unwelcome to the spirit?

Did you forget to search out those who could understand you?

They are hard to find, but one was there.

There is always one, but the first step towards this one is hard to take.

You would have been welcomed. We then could have reached you.

People say life is a gift but this sentiment places an enormous burden on some shoulders. Life is more a sharing of love from the Great Spirit, a promise of eternal joy after the awakening.

My glorious son, your light is still apparent to us.
There is no need to hide it.

Your life is your own.
Your path is your own.
You have not lost your future.

We shall carry you for a time on the cloud of our love. When you know how to laugh, sing, dance, work and pray for others, we will once again show you the way. Yes, the path will be a little hard once more, but you will have help. We will ensure you do not ever again feel that the only way is to end your life.

In a vision I am taken into a luminous, colourful and iridescent meadow; a place that is joyful to be in. I am led to deep waters. When I enter, the water is as smooth as silk. It washes over me and through me. I submerge, breathe through every cell and am filled with the wonder of the experience. I laugh and sing. I am filled with happiness.

When you die there is a cleansing of your experiences of Earth; leaving behind those people who do not continue with you.

Glorious Gift of Death

I write about death, but death is life.
I write about life, but life is love.
I write about love, but love is eternal and what is eternal never dies.

My love has passed on and I miss him.
My loves now flies but I miss the smile of his eyes.
The way he walks, the way he protects and the timbre of his voice fades into the distance and I am alone.

The sight of him, the sound of him, the taste of him, the smell of him and the touch of him were sporadic, for Earth life is busy and days are filled with experiences and people.

The face of death is a glorious gift. It shatters the boundaries that the light of love can travel. What was once sporadic is now constant and encompassing.

He sends me the smell of the flowers he loved so much.
He guides me to buy a gift from him that I may treasure.
He borrows a voice and speaks through another.

He knocks on my house and enters, bringing music and laughter.

His presence fills me and his love in my heart overflows.

His aura radiated to reach me wherever I was and always I was aware of his life. It spread from his position and rolled like a wave, communicating his presence and I was never alone. From his home now his aura fills the sky reaching down with the force of thunder, narrowing until it enters my crown and I am never alone. Where I was one, now another suffuses me and I am never alone.

He settles me so I may hear my teachers. He heals me so I may be active.

He guides me so I may write. He cajoles me so I may laugh.

Natural Death

The weight of the body, through its iron content and other factors, anchor it to the Earth. Through its extremities the sensation of being on Earth is transmitted to the mind. During the hours of sunlight when you are most active your body weight registers as heavier and you feel attached to the Earth through gravity.

During the hours of sleep, when resting supine in bed, the weight is evenly distributed throughout the body, contributing to a feeling of lightness rather than heaviness. All that usually travels to the exterior withdraws to the central core of the body, and sensation of being on Earth is slowly removed.

With awareness of Earth life ceasing, the result is the unconsciousness of sleep. During the hours of sleep any movement necessary for the well-being of the body is made naturally in this unconscious state. When little movement is required, little movement occurs. In this state of relaxation, when there is no injury causing pain, the sensitive nature of the body is reduced to nonexistence. Upon waking the body is refreshed from its cleansing night's sleep.

Try to recreate the process of sleep during the day without sleeping and lie without moving for a lengthy period. You will find the body becomes sore and aching because the sensations are still in its periphery. Sleep is similar to dying because during the process of dying all sensation and activity of the body slowly withdraw deep into the core. This removes the sensations of discomfort and pain unless the person is moved.

There is no need to fear the process of natural death for this reason. The body is no longer strongly attached to the Earth, as it is during activity when all the major organs are fully functional to ensure the continuation of life. As the life force withdraws the functions of the major organs are reduced, as is awareness of attachment to the Earth, until nothing is physically felt. The awareness of the dying person is reaching beyond Earth to another place.

Do not be afraid of the dying process. It is as natural as sinking into the unconsciousness of sleep. Awareness of the body is removed as the energy and life-giving properties within leave the peripheral areas and go to the central core, deep within the body.

Here is the pathway to spiritual worlds, where awareness of Earth life is non-existent, including the sensation of pain and discomfort.

As life shrinks deep into the body it begins to travel a path to spiritual worlds. During this process awareness of living upon Earth diminishes until it disappears. You reach towards your new destination without a backward glance unless the sound of others draws you back. This is why many people die alone, when loved ones leave the room for a moment.

Have no fear of the dying. The dying is pain-free because it is a natural process. It is similar to the birth process where through the chord that attaches the baby to the mother the life force flows but feeling is in the core of the body as the foetus floats in the amniotic fluid of the womb.

When you float in water and the space traveller floats in space the feeling is in the core of the body and you feel light. In the dying process your spirit floats away from the core of the body as the sensation of gravity lessens, then is removed.

The Passing

Those who have flown in an aeroplane above the clouds comprehend their texture when they gaze from above. The clouds are as like a featherdown mattress, all-encompassing and comforting to lie on.

For those who pass with awareness the passing is like being lifted on a cloud with such gentleness that motion is not apparent. For those who pass suddenly it is like waking in the morning from a good night's sleep. Each morning as you wake, one minute you are in a dream world that seems real, for less than a second you hover between two worlds with a memory of the dream world, then finally you awaken to full awareness of the life you know upon Earth.

Passing suddenly is waking from a sleep in one world to full awareness in another. By saying another world this implies a strange place and this is what fills people with fear. Saying *another world* is really indicating that there are many worlds familiar to the one who is passing, often visited during sleep. You are returning to another world where you have been before. You are returning home just as you return home when you turn into your driveway.

Some people are fearful of the passing and resist for their own reasons. They hover backwards and forwards, trying to remain on the world of Earth that is their most familiar world at that time. They do not want to leave what they have or who they are upon Earth for they know they can take nothing with them except what is in their hearts and minds and whatever is in their heart and minds dictates the direction of their journey.

The arrival of death seems strange to those uneducated in its ways. Death can be seen as a sceptre before every man and woman upon Earth - a future they know nothing about. It represents a journey to an unknown place and they do not want to make the journey.

There is nothing to be afraid of because at night when you go to sleep you practise this journey. At night you pass into some world and reconnect with those you know. When you go to sleep, one minute you're in one world, the next minute you are in another world. All is natural because all life is natural. If it were not, you would not have to do it. When you are unconscious to the world you are in now the world does not disappear. Upon your return you reconnect with it. You pick up your life and continue.

This is a picture of how life continues as you alternate living between two realms; travelling backwards and forwards during waking and sleeping, making short journeys to new places and longer journeys to familiar places. While you are living on Earth there are people with whom you share your life in another world, in another realm, in another life.

You are not alone anywhere. When you live upon Earth, not only can you have fear of death but also fear of being alone and fear of being unloved and uncared for. In the Greater World you never feel alone for you are living according to your real nature, your spiritual nature that lies deep within you while you are living upon Earth.

Upon Earth you visit family and friends. They welcome you because they are glad to see you. With the passing you are going to family and friends. They welcome you because they are glad to see you.

Whatever way you pass, you are greeted by the person you care about most; the person you love most, the person with whom you are most familiar. You do not arrive alone to a lonely, darkened world. Someone you know and love greets you.

You arrive as if into a huge corridor that is like an enormous foyer. As though on a soft and gentle cloud, you are transported into this corridor that is not too bright and not too dark. It is like being inside a cloud that is a translucent mist - the Mists of Avalon - through which radiating light glows. The one you wish to be with most greets you.

With a speedy passing you can be disorientated. Those who greet you explain where you are and why you are there. Some people need to rest because it can be a shock that the world they lived in so familiarly, the world of Earth, has become distant, perceived as though looking through a telescope when you hold the magnified end to your eye.

Upon arrival, you look around for the familiarity of Earth. It is within your awareness but far into the distance, out of sight. You are comforted with love, explanation or whatever you need. The great emphasis is; *you are not alone*.

Those who take their own lives, wanting to end it all, can be very confused on the passing because they find they are still alive but disconnected to physical life.

They are greeted by a loved one or someone who is familiar and can explain to them that although they thought they were ending their lives, they were not. Sometimes they need time to come to terms with this realisation.

Those who believed that life ends with the death of Earth life sometimes find it hard to face the truth. Upon arrival and explanation, they shut their eyes. They do not want to see or think about the philosophy of a continuing life. It is a great source of unhappiness for them. They never found happiness and fulfilment upon Earth and so did not wish to continue living, but they do.

They sleep, rest and take their time. They are taken care of. When they are calm and accepting everything is explained. It is as though they are ill and staying in bed in hospital for a period of time; sleeping and waking. When you do not like what you wake to, you go back to sleep. Eventually they surface to their new reality.

The next stage of the journey after the passing is orientation. Metaphorically speaking you are taken by the hand and given a detailed explanation of what to expect in this world; so new, yet so familiar. There are many meetings and discussions on the subject of the work you wish to do, on reflection of the life you have led upon Earth and on reflection of all life experiences within your soul's memory.

As at the end of any journey upon Earth when it is long or traumatic, the first thing you wish to do is cleanse yourself with water. You wish to refresh yourself. You wish to relax your mind. When you travel across the world to a country you have not been to before, or not for a long time, you need time to orientate yourself. Before you can do, so you refresh your body both inside and out with washing and drinks of water.

In the spirit world, upon the passing, the same process takes place. It is as though you are bathing in a lake of the purest water that washes over you, in you and through you; cleansing you of all that is not applicable to the place you are in at this time.

When you go to a new country you wash away all that belongs to your home which you put out of your mind so you can see and comprehend what is happening in this new land you are to live in for a time. Your homeland fades in importance. This is so with the passing. The cloak of the particular realm you have come to is freshened. The soul is cleansed and your spirit is re-awakened to become apparent.

The next stage is reflection. In a great hall, with guidance, you reflect on your life. You look at what you had hoped to achieve, what you did achieve, what opportunities you missed and the affect your presence had upon other people and the places you lived in.

For this time of orientation, cleansing and reflecting it is as though you are in a place of retreat. During this time, because of your thoughts and concerns and your returned memory, you hover between two worlds because you have loved ones in both.

You want to be with them through their grief, in which you share. With a fully restored memory you remember what it is like when you are left behind and your loved one passes before you. You want to do everything you can to lessen the pain and fill the void you are so aware of.

You ask, *Why does it have to be like this?*

At first you are as children in the Greater World. When you grow up you take responsibility. This is what love is. Those you love may not on the same rung of the ladder all through life. There can be a constant parting and coming together between those who love, not only between worlds, but also during shared lives on the same world.

Everything happens the same way in every world to a greater or lesser degree. Should you grow together, you stay longer together. Should your growth take a new direction you part for a time, not forever, but for a time. I can only say that love and responsibility together keep the chords that connect people to each other, strongly oiled. The connection, the roadway, the chord can be widened with love. This fills the void and dispels grief.

Work and love go hand in hand. Your connection between the world of Earth and the world of spirit remains while there is anyone upon Earth whom you love or know. It is not until the last person you have a connection with or have influenced with any word or action, through any number of generations, has left Earth forever, that your connection with Earth lessens. It is not cut. It is less strong. This process can take a long time for there are many connections to the world of Earth and to other worlds and all keep you busy.

Cleansing, orientation and reflection continue for as long as is necessary. It is like going back to school to learn what is needed for this new life.

A heart is an open book. It has no secrets. Upon Earth the heart provides through its yearning and desire. This world is no different. A heart in the spiritual world can speak to you even though it cannot tell you everything but you have nothing to fear.

While you are living upon Earth you are building the world you are going to upon the passing. Because of this and because of your short journeys during sleep, the world you pass to is familiar, as are the people there. They are the people your heart wishes to be with. They are the places where your heart wishes to go to.

People in the spiritual world can share their heartbeats with you as you share yours. They can share many steps of your journey on the road you build but their presence will not be invasive.

They want you to continue a life of independence. The feeling of a shared heartbeat lets you know loved ones are not far away.

Do not worry that anything you have done upon Earth at any time in your life will keep you from a place of love and those who love you. Nothing you have done on Earth has been wrong. There is no spiritual law you have broken so have no concern. Do not be fearful of retribution. It is not forthcoming. You have done the best you can when what you have done has been the result of love and good intentions.

The view is magnificent. The light is magnificent. The worlds are magnificent. Life is magnificent and we work for the Magnificence.

People ask, *Why am here? Who am I? What is my purpose in life?*

Listen to your heart. It knows truth when it comes across it. The feeling a moment of truth gives you is your beacon. Thinking and analysing this feeling is not possible because there are no words of description for what it conveys.

Why do We Live? Why do We Die?

As spirit we have always lived, live now and always will live. Radiating out of the mouth of God as his everlasting breath of creation we are what he is, perfect in every way.

We live eternally. Everywhere is our home. We can be anywhere because we are ever joyfully united to God and all spirit.

Sometimes we are cast upon the waters of creation and sometimes we remain within his embrace. Still we remain one being, knowing only love, life and perfection.

We choose how to radiate what we are. Creation is our field of endeavour as we travel from place to place, experiencing it to expand our consciousness. Until we became attached to material life we could come and go at will. With our attachment we came and neglected to leave.

We are a loving spirit, so we looked for and found our solution. We made our stay short and used bodies that could not last. They dissolve, so we leave. For now, this is the law we must follow.

How can we change this cycle of events?

We locked our memories into our souls. These memories know material and spiritual life, so they draw us to where we need to be. We choose which memories best serve each purpose and these we use.

I choose the life of my spirit because it takes me beyond the influence of my physical life. I choose my spirit so I can shine in my daily life. I choose to be little influenced by time, preferring to use it to expand my spiritual knowing.

My spiritual memories are reflected to my soul because I can reach into my soul. Here lies all knowledge of life eternal. Here lies my potential. Here lies my real life.

All people call on memories that align with their desire. Throughout the ages people have always wanted to know the God of their description. Previously religions have served this purpose, trying to achieve the highest realisation of God possible in each era of time. Even though they become rule-bound organisations, without them many would have given up the search. People often need fellowship to encourage their way.

Education brings more knowledge about pregnancy, birth and the growing and aging body. It can make us fearful of what may be in store so we should remember that nothing is definitive. We do not have to resign ourselves to acceptance of our hereditary traits.

We can prepare for a stage in life from an earlier stage and change the predispositions we do not welcome. We can change from want to need and from indulgence to moderation, beginning with our thoughts.

Our emotions, word and action will then follow this thread of life. We can change so much when we surround ourselves only with those places and people that encourage the best in us. We can learn new ways, difficult or not.

Memory Declining

Thoughts are the basic structure of everything in creation so they can be looked at from many angles. Whatever the nature of their thoughts, to the people thinking them they are normal. Every day most people are constantly reinforcing the same thoughts.

Let us look at people who think all day and every day about themselves, what is happening to them and the people in their lives. Thinking these same mundane thoughts repeatedly, constructs tunnel vision. Change becomes unlikely and change is vital for growth and achievement. An inability to change results in stagnation.

To these people only the known is acceptable. New ideas and new people are ignored because their thinking is different. This is stagnation. It produces a belief system that that does not have a healthy foundation. As much as physical tissue stagnates and leads to disease, thoughts stagnate, and the mind can become diseased.

People excel in the eyes of the world with what they know. These people want to excel so what they do not know is excluded from their thinking processes.

In their eyes this is how they can maintain positions of authority and high esteem. They view a busy mind filled with mundane thoughts as normal. These thoughts take a lot of energy to be maintained. As a result, the inner organs become depleted. Stagnation of thoughts leads to physical stagnation.

What is the mood of thinkers of mundane thoughts?

New ideas and new people promote healthy thinking and living. Without this stimulation mundane thinkers become weighed down, heavy and despondent as they repeatedly relive the activities promoted by their thoughts. Their positive reinforcement is to say that they are so busy they have no time for anything else.

They constantly re-think a small circle of rotating thoughts. This becomes habitual. Anything outside this circle of thoughts is foreign and difficult to remember.

Instead of expanding, memory shrinks until it only accommodates what lies within habitual thoughts and actions. Old ideas are repeated. Anything new is quickly forgotten. This is an unhappy state of affairs because it leads to confusion, even despair, depending upon the nature of the thoughts. Eventually these people ask themselves, *Is this all there is to life?*

Their thinking has told them that they must live with the decisions and choices they have made, that it is not right or fair to others to change them. They shut the gate to their minds with a clang, only allowing the familiar to gain entry. In their perception the people around them will then remain the same. Their words and actions validate their own.

Over a period of time memory crystallises so that nothing new can be memorised or recalled. An appointment book becomes a necessity for every-day living.

Lack of stimulation contributes to the loss of memory with ageing. It becomes difficult to ask questions about the meaning of life or purpose upon Earth.

It is easier to remain within the same cycle of acceptance of what is, anything new still viewed as unpalatable. The soul's memory is relegated to the deep and the spirit is buried beneath the routine of repeated thoughts and mundane lives.

These people feel as though they are being tossed this way and that, like flotsam in the waters of a river. All is the fault of Fate. They continue to think thoughts that reinforce their belief in how happy they are with their lot. The fighting spirit they need to shatter the boundaries of mundane thoughts, actions and beliefs, sometimes imposed by some authority, is deeply buried.

Freedom, independence, self-determination, searching and non-compliance with existing circumstances are all the part of the character of the fighting spirit — the Warrior for Truth. He is not afraid of travelling alone to find truth and purpose in life, He is not afraid of invigorating his mind so he can plumb the depths of his soul's memory. He does everything within his power to banish mundane thoughts because he knows they build a mundane life.

When thoughts become spiritual in quality and quest, the mind becomes alert. The memory becomes sharp. Energy is available, not stolen from inner organs, but replenished through healthy thoughts and controlled emotions. Healthy thoughts inhibit loneliness that can well up from the soul. These thoughts tell people what the world is really like and what place they can construct in it.

Mundane thoughts are not real. They contribute to the illusion that some magnificence exists in physical life when it does not. They silence the heart's truth, so it does not have to be faced.

They contribute to mental laziness because they inhibit any reach into the new and unknown. They mask real life and paint a more acceptable picture that does not admit to laziness, fear and lack of confidence.

These thoughts construct a shadow that many people accept as light. They are another reason why Earth life continues as it is. The path of the master's that accommodates the magnificence of the human spirit and leads to a greater destiny, remains hidden from thinkers of mundane thoughts.

Memory — a Tool for Learning

Memories are stored in your soul, veiled but able to be recalled through your attachment to them. Memory is a tool you can control. Keep only what is important. Choose wisely what you re-call and relive because what you choose to remember becomes the foundation of a new direction of learning. Choose as important only what relates to your physical life and you will relive its events again and again. This will continue until you change your choice.

Should the spiritual essence of who you are, and your spiritual goals be of importance, memories relating to this yearning of your heart will lock more strongly into your soul to be recalled at the appropriate time.

Memory can be an aid to living well or it can be a hindrance. Experiences saved as memories should be those that continue to teach you how to live well and consolidate your forward momentum towards the Divine. All other experiences are irrelevant and best allowed to fade into the mists of time as no longer applicable.

When you come to Earth your soul's memory is veiled so you do not waste time dwelling upon the past. Recall remains possible.

A new experience that seems familiar is a repeated experience, needed to teach your soul how to move more easily towards its Divine component.

A familiar experience that is not of this direction signifies something to be rectified or endured. It remains strongly in your soul's memory until this is accomplished. When it is no longer relevant to your journey towards the Divine component of your soul it becomes of little importance and fades.

Constantly relive every little detail of your physical life and you will pass from this world to the psychic and etheric worlds attached to the Earth. They are places where you can remain in the dream you know.

Spiritual reality presents when you work towards its Greater Light. With more light your vision expands. Choices become apparent and fellow travellers who wish to share your travels become visible. Remain in the dream of past endeavours, hopes and wishes and your vision remains tunnel, focused only on what you desire in physical life.

The greater the expansion of your mind and heart, the greater your desire to open the divine component of your soul and the greater your determination to place physical life in its true perspective in relationship to your spiritual life that has a wider horizon. Your wider vision sees greater possibilities and choices.

Education is always important. Self-education is a worthy part of education that grows out of your need to know. This need presents experiences that teach.

In this present time, it is difficult to know more about life other than what the five senses communicate. At a young age there is little exposure to the Greater Life. Spiritual teachers are not apparent. All that remains is the desire of the individual to know how more of life can be perceived and lived.

In physical life the experience of failure, pain, ill-health and a sense of comparison with those who share your world produce a moment in time when you question whether the five senses are as accurate as they seem. You speculate on the possibility that there may be more senses to relay more information.

Physical events produce pleasure that cause you to want to reproduce them, but pleasure is not joy so it is fleeting. Joy is from the Divine. When your experiences bring joy, it becomes a permanent resident unless your thoughts and actions cause it to retreat. Its presence in your life tells you that your direction is towards the Divine.

Joy is a celebration of life and it is greater than your named personality. It manifests in many different ways and places when you live well. It radiates to touch all within your influence. It is infectious, able to be assimilated by others passing its way when their eyes are open wide enough to see it.

How does joy grow?

You can consolidate the presence of joy with your actions because joy contributes to all that is good. In less than a second an expanding joy can fill the heart and eliminate all of a lesser nature. When you receive joy you only want joy. Its presence changes goals. It changes desires, cancelling earlier ones. It reveals a future course that brings more joy. The growth of joy in your heart contributes to one of the ways memory works advantageously.

Do not mourn memory. Like everything upon the Earth, it has two sides. It can reflect to you what is really important, and this may not be what your mind thinks is important. Rather than being concerned with building memories better to concentrate on living well.

You control your memory. Using your mind wisely is using its greatest potential. This means constantly opening its doors to new ideas and thoughts. The ability to access your greatest memories then have a greater chance of becoming possible. Be lazy with your mind and its functions diminish as does everything upon Earth that is not used with a forward momentum.

You have to move the circulation through every part of your body and use every part of your body for it to continue to function well. Make a conscious decision to use the tool of memory in the same way.

With each change of residence, the life of the real you veils your memories and deletes the files that are no longer of any consequence. You come to your new habitat refreshed. You start a new journey so you can make use of more of the Divine within your soul.

When what has to be repaired is repaired another veil is removed. When you cross the boundary to a new residence you cross to a new expression of the real you.

This happens in all the mansions of life, not only upon Earth. Your soul memories are veiled when you enter a new mansion. This gives you a fresh opportunity to choose your thoughts and actions wisely. When you have a predilection for some behaviour it is a past desire that remains important to you. Catch yourself making mistakes again and you are following an old pattern you should be changing. Mistakes are those thoughts and actions from the past that stop your forward momentum towards the divine component of your soul. They produce difficult outcomes.

Practise using memory wisely. When you wake each morning become a new person entering a new residence. Start the day fresh. Bring with you, not memories of the day before, but the wisdom you have achieved and the guidance you have received during the night. Without thinking about how you have done things before, do everything better in this new day.

This is a new way to look at the world that you are constructing with your thoughts and actions. It gives you more control over your own life. Live this way every day and you will not waste your time. It will become productive.

Let each day generate something your heart wants to produce but on previous days your mind told you was impossible.

In each new day you can generate more than you think you can when you do not bring the thoughts of the previous day with you. They inhibit the day's possibilities.

Live this way and you live in peace. Live this way and you gain confidence. You become courageous. You develop a sense of purposeful direction. You come to know successes.

We all know of war. Some of us experience it and some of us only hear of it but it is a constant presence throughout our lives.

You Called Me and I Came

I am Death.

You called me to your side when you marshalled your troops.

My Lord and Master is looking towards you, his heart murmuring,

What are you doing to each other?

You don your uniforms. You mobilise your forces. You plan destruction then you pray to God to guide your footsteps. Where are your footsteps taking you?

You are all coming to me. From me you go to a place that houses your illusions. When I deliver you, can you lose your memory of your body's life or does it have to remain because of the destruction wreaked?

I am Death.

I come to you all. I fulfil my duties but I am saddened that no-one teaches you a better way to live and so you continue to practise your ways of destruction.

Many souls are brought to Earth's entry point to take part in the destruction of human lives that are lived through differences.

While you continue to practise the ways of differences these numbers will multiply and continue to direct wars. All that can save you from this cycle is the practice of similarities.

Regardless of how and when, I will come for each of you. Better that I hold out my hand for you to grasp so you may enter my gentle embrace. The alternative is unfamiliar, unpractised and disorientating - not a natural way to greet me.

I am your friend and your release. Do not seek to turn me into your collaborator. This only destroys part of your soul and causes your spirit to mourn a lost habitat and further possibilities.

You are mine in so many ways - in fire, in disease, in famine and in injury but I prefer to come in my own way, gently and softly. Why do you call me to another way? This only means another calls me to you in the same way you call me to another. Can you not wait for me? Are you in such a hurry?

You can only place your feet in one small place at any given moment and there is room for you all. There are enough resources upon Earth for you all to live well.

Why do you want more of everything when you find it difficult to look after what you already have? It is your right to have some. It is not your right to have everything.

My Lord and Master appoints who can come and when they should go. Why do you presume to change this?

You only have the ability to cause a temporary desolation upon the Earth and in the waters. You are not able to cause the death of the Earth's vegetation. You are not able to kill anything in nature just as you are not able to make life. You are greater than grass but you cannot kill grass.

You are only passing through and I collect you as I will.

Earth – Planet of Death

When we focus upon the goodness in the human being we view ourselves as capable of great insight. This view corresponds to light – the upward gaze as opposed to darkness - the downward gaze. This is the duality of physical life, faced every moment of every day through our chosen view of the world.

The upward gaze indicates the known and accepted knowledge of most people at the time and the chance for further inspiration. People ahead of their time sow seeds of greater knowledge for future generations. The downward gaze indicates tunnel vision. These people focus on their physical lives.

How does a physical focus in life view the world?

I deal in death. To sustain my life something around me has to die. I am aware that death is my ultimate physical destination but knowledge of its events and how quickly it makes its approach is something I do not wish to acknowledge. Until I have to, it does not exist for me. My downward gaze has relegated death to darkness.

This world is made of chemical elements that constantly changes matter from gases to liquids to solids and vice versa. The same chemical processes take place in the bodies of all people. By the time the grave is reached the body of the newborn is much changed and the two extremes of life are incomparable.

People battle for space with animals, plants and insects. The human being believes there is not enough room upon Earth to share so he deals in death to have the space he thinks he needs. Little consideration or thought is given to the presence of plants and animals and their beneficial effect on people.

The bodies of the human being cannot be sustained without food, water and air. Plants provide man with the oxygen he needs and animals and plants become his food. People build their homes but they are invaded by insects and vermin that have to die so the buildings can remain clean.

The many people of Earth congregate in cities. Grass and plants must die so the concrete can be laid. Space is taken from the animals and vegetation for the cities.

Life is a constant battle for supremacy. Insects are more numerous than people and cannot be exterminated. Grass grows all over the Earth and cannot be eradicated. Chemical balance interchanges but chemical elements cannot be destroyed. Varied climates exist all over the Earth and in this time cannot be controlled.

For the human being to live he has to deal with death. This is reflected in his behaviour. One human being kills another because he is lord of his manor. The other person may have something he wants. He may not like the other person. He may not want the other person to be upon the Earth at the same time as himself. He believes he has the right to kill, just as he kills grass, insects, animals and plants. He kills people, but he cannot eradicate his own species, no matter how global the destruction. The plants, animals, insects and people will continue to come to Earth to live out their lifespans, either lengthy or short until they are claimed by death.

People, animals and insects kill for food. Plants do not kill for food. They live out their lifespan giving of themselves so animals, human beings and other plants can survive.

Earth is the Planet of Death. Although death is everywhere it creates a path to the light that is not born of the Earth but comes from afar. Man cannot limit himself to the Planet of Death. He looks towards the light in his search for everlasting life and enlightenment, but his nature is dual. He needs both light and darkness.

Both house knowledge and learning – darkness a greater truth than what is available in the light of the time.

In light there is hope and continuance. This the plants know so they turn to always face the light. Man can learn a lot from the giving of the plants. When he is upset or loses control of his emotions he can go to a place of natural beauty where plants grow in abundance. By being in close proximity with them his spirit within can lift him out of dark despair. He cannot get the same result from another person because all people deal in death. This is reflected in their lives - death to love and death to a desire. Nothing remains constant. People meet, form attachments, bond together in love yet separate in hatred further down the road, killing their relationships.

What can be learnt from the Planet of Death?

Life is ever-changing and transient. For life to come here the chemical elements arrange themselves to provide a form. They cannot stay bonded for long periods of time so the lifespan is short for all. This has to be acknowledged.

Earth is a place where the human being can rule. He rules his own life and tries to rule others. He comprehends power and wants to have it over others. He wants to be king so he constructs his kingdom. No matter how hard he works, he cannot contain or maintain what he achieves. In a short time his years are over and he must leave. Those left behind can tear down his legacy.

What is important in the years before death?

The young child looks only towards the light. He only has an upward gaze that takes in the horizon, including everything within this vista. The child is ideal. To him the world is beautiful. Love is everywhere and he takes it in with every breath. His need for the continuance of love never ceases. Simplicity and purity reign.

The ageing human being, prior to death, returns to the same states when possible. He remembers the child he was. He recalls his idealistic view of the world. He remembers the child's recognition and acceptance of love without conditions. He sees the world through the child's eyes again and his face mirrors the simplicity and purity that the life of the child provides. The peace of the child is renewed in the aged.

The period of time between that of a child and the aged or dying is the active time upon Earth. It is the time when the moment of kingship dictates his thoughts, learning, actions and way of life that must follow. The rules and regulations of this time slowly strangle the purity and simplicity of the idealistic child. The earlier this can be noticed the better. The earlier the calling of the world can be seen to be destroying and killing the pure idealism within the child, the better. Something can then be done before people mould him.

Idealism, purity, simplicity and love create peace. This inner peace can only be maintained when the ways of the world are not allowed to destroy it. It can only be maintained when the child does not allow himself to be moulded so he becomes successful at all costs, as society dictates.

When this has happened the aged find it hard to recall the child. Instead they remember the activity of the middle years that belong to the Earth. The life of the Earth is the killer because the life of the Earth deals in Death - death of idealism, simplicity, purity and love. It replaces them with drive, ambition, determination and ruthlessness that put self first and see others as beings who should serve – the death of individualism. The years that belong to the Earth are quickly over and are filled with regrets when the child is lost.

I come this way once. I come this way many times. Whenever I come this way I see it as a time of learning. I then have a chance to remember more forcibly that kingship of the Earth is only a reflection of Divine Kingship.

It is only a reflection of the Greater World. It cannot sustain or fulfil.

I come this way to learn of death because this is the Planet of Death, the place that can teach me of its grip. I do not deal in death. I deal in everlasting life for I come and I go. Above all I continue.

I want to worship life but this is not the place that encourages this worship. I cannot be emotional and seek for others to help me stand strong. I have to stand on my own two feet. I have to know that everything this life offers is passing from the moment I see or grasp it. Everything is transient and I seek permanence.

I seek the permanence of light, knowledge, growth, enlightenment and love. These things trickle to the Earth in small quantities because the mind of Earth has to grow and develop to contain them.

I have lost my Divine Kingdom. I cannot rule like I once did because I have created duality where once there was only the Divine.

Same Journey

The fight to survive is the strongest instinct of all life on Earth, including man. Against all odds man can survive many tragic events and calamities but he often seeks to evade an imminent and natural death.

The soul of man is immortal. It survives all circumstances so a drive for survival and continued life is unnecessary and therefore not felt.

The human soul is the presence of the spirit of God in man but in most cases it is unseen, unfelt and unheard. It contains the wisdom of life and direction for the individual so he does not feel lost or alone.

How to recognise, see and hear the soul and its voice?

This can be achieved with constant effort, hard work and a continued determination to incorporate this discovery into daily life.

The entrance to a path to the soul is found at a point between the two eyebrows. Discovering this entrance is the first step. It is vital, no matter how long it takes, to discover this portal. Once found the next step is to gain entrance. Only the pure part of you, through the Law of Attraction, can make the journey into the soul where the extent of discovery is through a pure desire for truth and love that is the foundation of the Soul of Harmony in every individual who walks the Earth - whether truth, love and purity are apparent or not.

No matter what the individual thinks or believes he will survive Earth life. He will go through the Portal of Death whether he is informed about the process and the destination or is filled with reluctance and fear.

Should the individual have earnestly asked for and received a teacher, guru or master he will learn before the event. If this way holds no interest, life becomes the teacher for all will learn, although the learning this way will be arduous.

The teacher dismantles everything the individual clings to until his cup is empty. He will then fill the cup with truth, love, simplicity and purity and all the beautiful qualities of immortal life. In the space left by his discarded personality, mind and worldly interest, many qualities of immortal life can pour in, to be given to others as they leave his vessel and are replaced by much more.

For those who misunderstand the meaning of independence and choose to go alone, the road is difficult. Their view of the world is discoloured. They cannot feel the presence of the immortal soul of others because they have difficulty in finding it within themselves. They often abandoned the search.

Regardless of the path chosen, the journey is the same for all.

Shift of Focus

Death is viewed as the death of the physical body and the passing of a person to a more ethereal place.

Man is a human spirit that is an emanation of light from the Divine. This makes the human spirit constant, stable and forever good. Wherever it has its focus everything around that focus blooms with life. When the focus is removed so is the blooming. When man's spirit overrides his physical focus, awareness of his physical reality retreats into the mist.

Your feeling of passing out is an experience of the shift of focus that brings death. You are turning your head to look at something else so you are there, no longer here.

Death is a change of focus towards a life you are already living - a life that becomes more important than the physical life you are living at the same time. Man does not die. Physical life dies to him.

Precious Life

I write on behalf of those who are afraid for their lives. They are loved. They are understood. They are part of a group experiencing war, a pandemic, a disaster that produces a contagious fear which rapidly moves from person to person.

Fear is contagious and difficult to escape as individuality becomes lost. Control of these situations is non-existent and an overwhelming sense of helplessness eventually replaces the fear as people are swept along by events.

They portray courage in action because there is little time to prepare and face the possibility of impending death. It arrives so rapidly. In this hiatus of time every possible emotion and character trait is lived. The selfless are trampled by the selfish as people behave in an uncharacteristic way because of their natural drive to survive. The urge to continue to breathe is fundamental to all people so it is difficult to be consigned to a situation where that urge becomes challenged.

The watchers, the listeners and the readers of any of these events face their own mortality and they feel thankful that they are not part of the experience. History is full of these experiences, as are modern times and selfish relief is a common, normal reaction.

Our hearts bleed for those who have suffered these experiences. Our escape from participation creates greater urgency to pray for the souls of others. We cannot return to how we were after seeing, hearing or reading about the frightening experiences people are going through. We are changed for the knowing.

Fear, suffering and compassion have to be bedfellows so our humanity can grow. We know how others feel because they feel as we do. We know what others think because they think as we do. We can use every human condition, personally experienced and vicariously felt to grow our humanity until the day comes when all people act humanely to all people and we all become greater because of this.

I write for those who have feared for their lives. They are forever understood and forever loved.

Sound of Light

At death I shall follow the sound of light. It is my beacon to that incandescent place where I can work, rest and be. At the entrance love shall greet me, take my hand and travel with me in the sound of light. All those people through whom I have known love shall accompany me for that part of the journey, then they shall continue to their destination.

Most importantly the Silver People will greet me, but further along the way. This thought fills me with joy. Even now they are the direction of my destiny.

They are the hope of the world - the formless ones who embody an undifferentiated destiny I know but cannot enunciate.

Love, hope, destiny and purpose!
They are the apparel of my life's thoughts.

Mourn then Live

At the time of the passing we have a compassionate thought for those who do not touch our hearts, but we mourn those we love. This is the natural way of Earth life and it tells us that love continues. Love that continues is not the empty space that is left behind affecting the beloved who remain. It is the attached chord that is never severed. It is the continuation of shared experiences even when the beloved remaining is unaware that this is so, while wishing it was so.

Should love not survive the physical life, experiences of death and grief would not exist. Although grief mourns the empty space, love remains with the beloved on Earth, at the same time travelling to higher realms, the direction of its birth.

When we move beyond the personal loss felt through the empty space, the widening capacity of love opens a door to a new way to live - a new world.